



RECREATION POOL SCHEDULE (5/13 – 5/19)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00 AM Pool Opens Open Swim									
6-7 AM* Aquafit & Strength	6-7 AM* Open Swim	6-7 AM* Aquafit & Strength	6-7 AM* Open Swim	6-7 AM* Aquafit & Strength	6-9:15 AM Open Swim				
7-8 AM* Aqua Blast	7-8 AM* Adult Swim	7-8 AM* Aqua Blast	7-8 AM* Adult Swim	7-8 AM* Aqua Blast					
8-9 AM* Aqua Step	8-9 AM* Water Fitness	8-9 AM* Aqua Step	8-9 AM* Water Fitness	8-9 AM* Aqua Step					
9-10 AM* Aqua Blast	9-10 AM* Aqua Zumba	9-10 AM* Aqua Blast	9-10 AM Open Swim	9-10 AM* Aqua Blast	10 – 10:45 Open Swim I				
10-10:30 AM Aqua Tots	10-11 AM Open Swim	10-10:30 AM Aqua Tots	10-11 AM Open Swim	10-10:30 AM Aqua Tots					
11:00 AM-12:00 PM Arthritis Class					11-11:45 Open Swim II				
12:00-2:00 PM Open Swim									
2:00-3:00 PM Closed for maintenance									
3:00-4:30 PM Open Swim				3:00-4:30 Open Swim I		9 AM-3:30 PM Open Swim			
4:45-6:45 PM Swim Lessons (Lazy River and Beach closed)				5:00-7:00 Family Swim				3:00-4:00 Closed for maintenance	
7:00-8:00 PM River Fitness Class		7:00-8:00 PM River Fitness Class		7:30-9:30 PM Open Swim II				12:00-12:45 Open Swim III 1-1:45 Open Swim IV 2:00-2:45 Open Swim V	
8:00-9:30 PM Open Swim		8:00-9:30 PM Open Swim		7:00-9:30 PM Open Swim					
7:00-9:30 PM Open Swim						4:00 -5:30 Open Swim Burlington and La Conner community swim 6:30-8:30 PM			

Beach Pool Hours

Weekdays: 10:00 AM to 2:00 PM, 3:00 PM to 4:30 PM and 6:45 to 9:30 PM (Fridays 3:00 to 9:30)

Saturdays: 12:00 PM to 1:45 PM, 2:00 PM to 3:30 and 4:00 to 5:30 Sundays: 9:00 AM to 3:30 PM

*Lazy River open for walking only



LAP POOL SCHEDULE (5/13 – 5/19)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM-2 PM Lap Swim	5 AM-2 PM Lap Swim	5 AM-2 PM Lap Swim	5 AM-2 PM Lap Swim	5 AM-2 PM Lap Swim	5 AM-9 PM Lap Swim	9 AM-3:30 PM Lap Swim
					9 AM-10 AM Open Swim*	
2-3 PM Closed for Maintenance	2-3 PM Closed for Maintenance	2-3 PM Closed for Maintenance	2-3 PM Closed for Maintenance	2-3 PM Closed for Maintenance	10 – 10:45 Open Swim I	
					11-11:45 Open Swim II	
3-5 PM Lap Swim	3-5 PM Lap Swim	3-5 PM Lap Swim	3-5 PM Lap Swim	3:00-9:30 PM Lap Swim	12:00-12:45 Open Swim III	
5-7 PM Chinooks Swim Team	5-7 PM Chinooks Swim Team	5-7 PM Chinooks Swim Team	5-7 PM Chinooks Swim Team		1-1:45 Open Swim IV	
7-9:30 PM Lap Swim	7-8:00 PM Deep Aquaerobics*	7-9:30 PM Lap Swim	7-8:00 PM Deep Aquaerobics*		2:00-2:45 Open Swim V	
	8:00 -9:30 Lap Swim		8:00-9:30 Lap Swim		3:00-4:00 Closed for maintenance	
					4-5:30 Open Swim	
					Burlington and La Conner community swim 6:30- 8:30 PM	

* 3 lanes will be available for lap swim

Guidelines

PFDs/Lifejackets: Lifejackets/PFD are available for use but any child in a lifejacket/PFD must be within arm's reach of a supervising individual. One child per supervising individual may be without a lifejacket/PFD but still accompanied in the water within arm's reach. All lifejackets/PFD must be Coast Guard approved.

Appropriate Pool/Spa/Steam Room Attire:

A swim suit is required for all participants. Shirts and tank tops are not allowed unless they are made of polyester, nylon, or spandex. Jeans and cotton clothing are prohibited in the water. Swim diapers with proper coverings are required for children who are not fully potty trained.

Activities

Open Swim

A recreation swim time for families and individuals. Any child that is under the age 7, must be accompanied and be within arm's reach of a supervising individual age 16+ in the water at all times. 8 and older will be subject to a swim test. See lifeguards for more details.

Family Swim

This time is reserved for just families! A family is defined as one or more adults age 18 and older with one or more children under 18. The adult must remain in the pool during this time.

Lap Swim

Lap Swim is reserved for individuals swimming laps. Participants under age 14 must pass a swim test in order to participate. When the competition pool is open at least one lane will be available at all times (with the exception of Chinooks Swim Team and the High School Swim Teams and other special events). When only one lane is open due to programming, it will be designated as lap swim only, with no water walking allowed.

Adult Swim

Adult Swim is scheduled times when the recreation pool is reserved for individuals aged 18 and older who want to complete their own exercise programs, stretch or water walk with limited interruptions.

Community Swim

Community Swim will be held on the first and third Saturdays of the month. The first Saturday will be open to the residents of Sedro-Woolley, Lyman-Hamilton, and Concrete. The third Saturdays will be open to the residents of Burlington and La Conner. During this time, the Y will be closed to members and non-residents.

Aqua Fitness Classes

Water shoes and water bottle recommended for all aqua fitness classes.

Aqua Blast

Churn up the white water in this challenging, yet fun shallow water workout. Cardio, strength, flexibility - this class has it all. Maximize your training efforts against the resisted properties of the water and enjoy an exercise session that lessens the impact on your joints.

Aquafit & Strength

This fun, shallow, fast-paced water workout will help you gain strength, increase lung capacity and improve balance by using work/rest intervals, and natural buoyancy. Start where you are and work to meet your fitness goals.

Aqua Step

A great cardiovascular workout while listening to a variety of music. The aqua step class utilizes underwater steps to challenge participants at every level, beginners all the way to the most experienced fitness participant!

Aqua Tots

Aqua Tots is a guided water experience using songs and games to build confidence, develop motor skills, and teach personal water safety to parents and children. Recommend for children under 3.

Aqua Zumba™

Known as the Zumba pool party, the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond.

Arthritis Class

This class that focuses on strengthening common areas of weakness and increasing mobility. Classes are open to all members but they are focused toward those who are recovering from injuries and living with chronic medical conditions.

Deep Aquaerobics

Move it in the DEEP! Following a whole-body warm up you will pump up the power using various High Intensity Interval Training (HIIT) formats. You will work your core: improve cardiovascular fitness and burn calories. HIIT workouts have been shown to increase your metabolism and burn fat for 24 – 48 hours following your workout. Buoyant belts available – no swimming ability necessary but you should be comfortable in deep water.

In The River

Using the natural resistance of the river, exercises will challenge you using a combination of cardio with muscle conditioning, stretching and toning to engage each participant in a comprehensive workout.